

LYNN COUNCIL ON AGING SENIOR CENTER



**July
2018**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Happy Fourth of July!! Happy Independence Day! Did you know that the 4th of July became a national holiday in 1938? What did we do for 162 years? The best part of the 4th is hot dogs on the grille! Here's one for you. How did the Nathan's Fourth of July Hot Dog Eating Contest begin? Legend has it that four immigrants got into an argument over who was more patriotic. They decided to settle the disagreement by seeing who could eat the most wieners. Speaking of wieners... Around 150 million hot dogs are consumed on the Fourth of July. Not at my house, continentally. All information was extracted from the reliable internet! See you July 3rd for our annual cookout for a rocking time.! Wear your patriotic gear!

From Your Mayor

It's great to be in the midst of this New England summer. I hope you are all enjoying the warm weather. The fireworks display along the waterfront will be taking place on Wednesday, July 3. I Hope you will be able to attend this festive event which includes a performance by Lois Lane and the Daily Planets.

Friends of Lynn & Nahant Beach will sponsor Thursday night Concerts at Red Rock. All Fired Up, Mary Beth Baes Band, Lexington Street Band and the Brian Maes Band will be performing this month. A special children's concert and festival will be held on July 28th featuring the Toe Jam Puppet Band. To view the concert schedule for the remainder of the summer, please visit http://www.ci.lynn.ma.us/attractions_redrock_concerts.shtml

Shows coming to the auditorium in July include Killer Queen, Retro Futura 18, Bring It! Live, and John Cleese Live on Stage. For more information and tickets call 781-599-SHOW or visit <http://www.lynnauditorium.com>.


Last month we participated in the middle school and high school graduations, the Lynn Firefighters Memorial Service, the groundbreaking for the new Gateway Apartments on Washington Street and the Beyond Walls underpass lighting ceremony. On June 15th, we showed the movie Ciao America at the Lynn Auditorium which was written and directed by Lynn's own Frank and Joe Ciota. The City continues to buzz with activities and I continue to work hard to ensure that Lynn is a place where we can all live, work and play.

Wishing you a safe and enjoyable summer,

~Mayor Thomas M. McGee

CUFFE-McGINN FUNERAL HOME

 157 Maple Street • Lynn, MA 01904
 Tel: **781-599-3901**
 Fax: 781-598-2143
www.cuffemcginn.com

Elder Service Plan of the North Shore, Inc.

 • Primary and Specialty Medical Care
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Lynn Council on Aging Senior Center

Publication
funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503

Erica Brown
Program Coordinator ext. 618

Rosa Paulino-Diaz
Activities Assistant ext. 625

Hours of
Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers President
Minette Lall Vice President
Lester McClain Clerk
Pam Edwards
Frank LaMacchia
Charles Mitchell
Marlene Vasi Eddy

Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble President
Ann Breen Vice President
Katherine Brown Treasurer
Ellen Cash Recording Secretary
George Harvey Membership Secretary

Meets last
Thursday of the
month @ 9:45

Meeting Dates: Jul 26 Aug 30 Sep 27 Oct 25
Considering joining the FRIENDS? Come visit us and see what we're all about
 Friendship first, friendly smiles making and raising funds for our senior center.

Tired of waiting for the mail?

Monthly newsletters are posted online:
www.ci.lynn.ma.us

Click City Hall

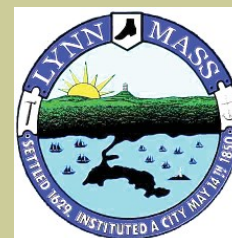
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

Like us on Facebook!



WWW.FACEBOOK.Com/LYNNSENIORCENTER

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger

~Dr. Harvey Berger

Thank you for your donation

~ Sophie Karoumpalis

In loving memory of Mr. and Mrs. Clarence Perry

~Mary Joyner

In loving memory of Rita Marturano

~Carmy Marturano

DEDUCTIBLE DONATION

GE matches all donations made from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

☐
☐
☐

Person's Name: _____

Send card to: _____

Donated by: _____

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*"You Should Hear
What You're Missing"*

152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901
781.599.1902 • 1.888.HEARITE (432.7483)

CASINO TRIPS

Foxwoods \$32 August 21st

Need 40 sign ups by August 10th

6:30am-6:30pm

Plainridge \$10 September 18th

Pre-paid reservation required. Marquee Rewards card number needed.

Bus leaves Lynn Senior Center 8:30am and leaves the casino promptly at 3:30pm.

Book your rides home for 5:00pm.



**Coach busses are equipped with handicap accessibility
and WI-FI!**

****Refunds will only be issued if you notify us 24 hours in advance, or we sell your seat.****

**YOUR
AD
HERE
CALL
TODAY**

UPDATE YOUR INFORMATION!

If you have recently moved, changed your phone number, or need to update emergency contact information for the

Lynn Senior Center, please call Erica Brown 781-586-8618

Or Rosa Paulino Diaz 781-586-8525-8625

This helps us send the newsletter to you every month and helps us to reach you.

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing
Call 781-593-5700

HARBOR 90FT
ADAPTIVANTS

MUSICAL AND JOY-BASED T'AI CHI

Tai Chi \$5 Reservation required

Second and Fourth Monday

Carpet side of center

10:00 am—11:00 am

Instructor, Mike Elliott

Musical and Joy-Based Tai Chi is a choreography of movements and poses that acts as a great form of exercise! It elevates heart rate, builds muscle tone, increases balance, energy, and mobility, improves posture, and decreases stress and pain.



PAINTERS WANTED

We offer oil painting classes with instructor Dottie James every Tuesday from 10:00-11:30am. Located at the Senior Center, a \$2 donation is encouraged.

For more information, please call
Dottie James 781-286-2841.



T-SHIRTS

We will be selling Lynn Senior Center T-shirts for \$5 each. At the center ask for Erica or Rosa. Get them while supplies last! All proceeds go to the Senior Center.

FARMER'S MARKET COUPONS

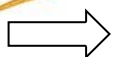


Weds, Aug 15th

9 am – 12pm

Lynn Senior Center

DOORS OPEN at 7:30 am



Be sure to get a call number upon arrival

MUST bring ID & proof in person:

Lynn, Lynnfield, Nahant, Saugus or Swampscott residents only
60 years of age or older

Benefit eligible (mass health, Medicaid, food stamps, fuel or housing assistance)

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Soda

Wide Screen Plasma Home Theatre System

July 11	The Princess Bride	1987	PG	1h 38m
July 18	The Darkest Hour	2017	PG13	2h 5m
July 25	16 Candles	1984	PG	1h 33m



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.





WE MAKE IT HAPPEN

Call for a free Consultation Or Visit us online

Home Health Services

45 Albion Street • Wakefield MA 01880 • 781-224-3600
North Shore Offices Phone: 978-774-2005 • 978-777-6009
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AD
HERE
CALL
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing
Call 781-593-5700

HARBOR
90FT
ADAPTIVANTS

JULY HAPPENINGS

Mon July 2	Bingo Bonanza! 9 cards-paper sheets only Card sales begin at 11:30am and close promptly at 1:15pm	\$11 games	1:00pm
Tue July 3	Independence Day Barbeque— see page 7 Center closed after—book rides for 2:00		11:00am—2:00pm
Wed July 4	SENIOR CENTER CLOSED HAPPY INDEPENDENCE DAY!		
Fri July 6	<u>Field Trip:</u> Peabody Essex Museum—free admission Lunch on own at Salem Willows	\$2	9:30am—2:00pm
Tue July 10	Birthday Karaoke		11:30am—1:00pm
Wed July 11	<u>Field Trip:</u> Swan boats and picnic lunch Cost includes bus and lunch	\$5	9:30am—1:30pm
Thu July 12	<u>Ice Cream Social</u> Sponsored by: FRIENDS of the LCOA	\$0.50	1:00pm
Fri July 13	<u>Field Trip:</u> Edward M Kennedy Institute—free admission Lunch on own at Sullivan's Castle Island	\$2	9:00 am-2:30pm
Mon July 16	Bingo Bonanza! 9 cards-paper sheets only Card sales begin at 11:30am and close promptly at 1:15pm	\$11 games	1:00pm
Wed July 18	<u>Field Trip:</u> Castle Island	\$2	9:30am—2:00pm
Fri July 20	<u>Field Trip:</u> Museum of Fine Arts—free admission Lunch on own inside	\$2	9:00am—2:30pm
Fri July 20	Brown Bag Sponsored by Greater Boston Food Bank		9:00am—12:00pm
Tue July 24	<u>Field Trip:</u> Revere Beach Sand Castles Lunch on own at Flaming Grille	\$2	9:30am—1:30pm
Wed July 25	<u>Field Trip:</u> Horseracing & Lunch at Brookdale	\$2	9:30am—2:00pm
Fri July 27	<u>Field Trip:</u> Isabella Stewart Gardner Museum—free admission Lunch on own inside or bring one:	\$2	9:30am—2:00pm
Mon July 30	Bingo Bonanza! 9 cards-paper sheets only Card sales begin at 11:30am and close promptly at 1:15pm	\$11 games	1:00pm
Tue July 31	<u>Field Trip:</u> Castle Island	\$2	9:30am—2:00

ANNUAL INDEPENDENCE DAY BBQ CELEBRATION

Tuesday July 3rd

11:00am—2:00pm.

Tickets **\$4 per person.**

Sponsored by

The FRIENDS of the Lynn Council on Aging

Tickets on sale now while supplies last—

waitlist available



Senior center membership required (sign up that day)

50/50 raffle winner pulled at 1:00pm

Senior Center will close after.

Please **plan your ride for 2:00pm**

**YOUR
AD
HERE**

**CALL
TODAY**

LOBSTER CRUISE

Gloucester Lobster Luncheon & Cruise with Entertainment

New England clam chowder, steamed lobster. BBQ chicken, corn on the cob, potatoes, and dessert

Cash bar

\$70.00

Pick up and advanced payments at:

9:30am Lynn Senior Center 8 Silsbee Street, Lynn

Thurs, SEPTEMBER 6th

Board boat at 11:00am—sail until 2:00pm

Return to Lynn approximately 3:30



Limited seating **RESERVE EARLY SEATS SELL QUICKLY**

No refunds unless seat is sold

Questions? Call Erica 781-586-8618 or Rosa 781-586-8625 #_____

Name_____ tele_____

Address_____

Emergency contact name_____ tele_____

Payment: Cash ☐ Check ☐

Reservation #_____

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Comfortable
in your
OWN HOME!**



Zumba Gold is a dance inspired low intensity workout for beginners, seniors and people just starting out in a fitness program. It involves easy-to-follow moves with focus on all elements of fitness, cardio, muscle and balance. Chairs can also be used for participants who may have limited movement. Seniors at all ages and fitness levels are welcome to participate.



Wellness Pathways is now providing Zumba Gold!

Workshops are being offered once a week for six weeks throughout the greater Lynn community.

Participants should wear comfortable clothing, sturdy shoes and bring a water bottle

**FOR MORE INFORMATION
ON TIME AND LOCATION,
CONTACT:**

**Kelsey Magnuson
781-586-8530**

SENIOR CENTER ACTIVITIES • June 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
9:30-11:00 KNITTING & CONVERSATION	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	9:30-11:00 KNITTING & CONVERSATION
11:00-12:00 LUNCH	10:00-11:30 OIL PAINTING	9:30-10:30 BEGINNER'S TAP	8:00-11:00 KIOSK (IN2L)	11:00-12:00 LUNCH
12:00-1:00 MOVE SAFE CLASS	9:00-11:00 KIOSK FOR LIVING WELL (IN2L)	11:00-12:00 LUNCH	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 SPORTS CLUB	11:00-12:00 LUNCH	11:30-12:15 EXERCISE CLASS (\$5)	11:00-12:00 LUNCH	1:00-2:45 BINGO
1:00-2:45 BINGO	1:00-2:00 THE CROWN	1:00 – 3:00 MOVIE	10:30-12:00 ACRYLIC PAINTING	
	12:00-2:45 POKENO	1:00-3:00 'PENNY ANTE' POKER	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
	1:30 BILLIARDS CLUB		2:00-3:00 HORSE RACE GAME	

OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
- Spacious 1-bed apartments
- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications



781-581-2051



Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



111 Birch St., Lynn, MA 01902

781.592.9667

SKILLED NURSING CARE * SUBACUTE CARE * PHYSICAL THERAPY
OCCUPATIONAL THERAPY * SPEECH THERAPY * RESPITE CARE

INDEPENDENCE DAY

A	I	F	I	R	E	W	O	R	K	S	F	T	P
Y	R	F	C	F	R	A	H	H	A	D	L	D	U
W	S	R	I	E	S	B	E	M	E	I	A	I	N
U	I	E	Y	N	P	R	E	C	R	P	G	E	C
N	U	E	E	L	O	R	L	S	F	A	S	R	L
A	P	D	E	E	I	A	R	G	R	R	C	K	E
R	L	O	S	C	R	M	S	E	Y	A	F	A	S
W	C	M	A	A	W	L	A	T	D	D	T	T	A
A	T	Y	T	G	L	H	R	F	S	E	S	S	M
R	O	I	I	N	U	E	I	A	E	F	Y	S	C
H	O	E	U	L	B	R	I	T	H	F	D	N	Y
N	S	T	R	I	P	E	S	F	E	E	B	W	N
L	I	O	L	S	D	N	E	I	R	F	A	L	M
I	R	S	R	D	L	A	E	G	U	R	E	I	U

FLAG FREEDOM LIBERTY FIREWORKS AMERICA

UNCLE SAM STARS STRIPES DECLARATION

PARADE FAMILY FRIENDS RED WHITE

BLUE HEROES

July 2018

Requested Donation is \$2.00 per meal

Greater Lynn Senior Services COMMUNITY CAFE MENU –JULY 2018

GLSS NUTRITION
781-586-8695

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Beef stew(117) Mashed potatoes(109) Calories- 801 Sodium-625 ALTERNATIVE Veggie burger/roll(670)* Calories-725 Sodium-990</p>	<p>3 Ticketed Event: Hamburger & Hot Dog Potato Salad & Watermelon Ice Cream Sandwich</p>	<p>4 HOLIDAY NO MEAL SERVICE</p>	<p>5 Orange chicken(325) Mashed potato(109) Calories- 600 Sodium-704 ALTERNATIVE Baked pork(106) Calories-630 Sodium-450</p>	<p>6 American chop suey(316) Salad/dressing(62) Calories- 903 Sodium-661 ALTERNATIVE Garlic chicken(350) Calories-772 Sodium-876</p>
<p>9 Sweet and sour pork(255) Jasmine rice(4) Calories-900 Sodium-910 ALTERNATIVE Beef/onions(100) White rice(4) Carrots(43) Calories-768 Sodium-627</p>	<p>10 BBQ chicken(264) Red bliss potatoes(5) Calories-650 Sodium-898 ALTERNATIVE Egg/cheese croissant(410) Red bliss potato(5) Calories-640 Sodium-1068</p>	<p>11 Pork hot dog/roll(886)* Baked beans(206) Calories-751 Sodium-1262** ALTERNATIVE Veggie chili(448) Brown rice(50) Calories-670 Sodium-950</p>	<p>12 Beef taco salad(300) Black bean salad(100) Calories-700 Sodium-952 ALTERNATIVE Cheese ravioli/sauce(575)* Green beans(2) Calories-610 Sodium-900</p>	<p>13 Chicken piccata(350) Salad/dressing(252) Calories-750 Sodium-920 ALTERNATIVE Seasoned pork(120) Rice/beans(83),salad Calories-832 Sodium-776</p>
<p>16 Potato Pollock/sauce(310) Sweet potato(80) Calories-800 Sodium-778 ALTERNATIVE Macaroni and cheese(520)* Calories- 743 Sodium-908</p>	<p>17 Pork rib/BBQ sauce(410) Mashed potato(107) Calories-640 Sodium-917 ALTERNATIVE Bean/cheese burrito(450) Calories-340 Sodium-700</p>	<p>18 Chicken scampi/pasta(514)* Green beans(2) Calories-617 Sodium-818 ALTERNATIVE Beef picadillo(330) Calories-753 Sodium-845</p>	<p>19 <u>SPECIAL</u> Turkey club sandwich/ Turkey bacon/Kaiser roll Country potato salad Coleslaw Watermelon Calories-700 Sodium-1176</p>	<p>20 Meatloaf/gravy(370) Whipped potato(107) Calories-823 Sodium-1077 ALTERNATIVE Veggie Shepherd's pie(200) Calories-620 Sodium-750</p>
<p>23 Pulled pork/mustard BBQ Sauce(292),potato(200) Calories-900 Sodium-1066 ALTERNATIVE Honey lime chicken(300) Calories-727 Sodium-957</p>	<p>24 Stuffed shells/sauce(505)* Salad/dressing(62) Calories-732 Sodium-826 ALTERNATIVE Pulled beef/ rice(180) Calories-800 Sodium-557</p>	<p>25 Cold roast beef/ salad(126) Veggie pasta salad(215) Calories-900 Sodium-640 ALTERNATIVE Fish/tonato & onions(150) Calories-780 Sodium-550</p>	<p>26 Meatballs/gravy(237) Cheddar potato(136) Calories-703 Sodium-695 ALTERNATIVE Veg. enchilada(300) Calories-660 Sodium-750</p>	<p>27 Lemon citrus chicken(240) Wild rice(148) Calories-600 Sodium-710 ALTERNATIVE Veg. stuffed pepper(100) Calories-753 Sodium-555</p>
<p>30 Meatball sub/sauce/roll(622)* Sweet potato fries(170) Calories-790 Sodium-1016 ALTERNATIVE Stewed beef(422) Calories- 830 Sodium-958</p>	<p>31 Roast turkey/gravy(487) Mashed potato(109) Calories-690 Sodium-984 ALTERNATIVE Pasta primavera(200) Calories-700 Sodium-605</p>		<p>ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500mg.per serving). MEALS MARKED ** ARE HIGH SODIUM(more than 1200MG per meal).</p>	<p>NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE LISTED FOR THE ENTIRE MEAL,INCLUDING MILK,BREAD,MARGARINE AND DESSERT.</p>

Hair Salon

SOPHIE'S SALON

**WEDNESDAYS
9:00 AM—1:00 PM**

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

WALK-IN OR APPOINTMENTS

****SOPHIE WILL BE
ON VACATION
FROM JUNE 18–
JULY 18!****

KIOSK FOR LIVING WELL

TUESDAYS 9:00-11:00
THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

PODIATRIST



Thur July 12

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

Every Wednesday

8:00 am - 9:00 am



LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

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